

## Introducing Yourself to Yourself

“Jesus called out with a loud voice, ‘Father, into your hands I commit my spirit.’ When he had said this he breathed his last.”<sup>(1)</sup>

“Into your hands I commit my spirit”? What’s a human spirit? Why did Jesus’ body die after he surrendered his spirit to Heavenly Father?

Lots of people equate the human soul with the human spirit. They never consider that these two aren’t the same. Consequently, they don’t really know themselves—they’ve never introduced themselves to themselves; they’ve never met their human spirit.

This confusing of soul and spirit deprives us of intimate communion with God’s Spirit. The human soul, the human mind, and the human body cannot interact with God’s Spirit. Jesus plainly declared, “God is spirit and his worshippers **must** worship in spirit.”<sup>(2)</sup>

### What is a Human Spirit?

When God formed the human body it remained lifeless until the Lord “breathed into his nostrils the breath of life.”<sup>(3)</sup> At that moment God’s Spirit placed a human spirit in the human body. The human spirit completed the human being and the man became a living soul.

We are three-part creatures: a human spirit housed in a human body which has a soul or mind. Notice how the apostle Paul described us as spirit, soul and body. “May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”<sup>(4)</sup> When someone asked Jesus to choose the most important commandment in the law of Moses, he responded, “Love the Lord your God with all your heart and with all your soul and with all your mind.”<sup>(5)</sup> Many years before Jesus and Paul lived, Moses referred to the Lord as “The God of the spirits of all mankind.”<sup>(6)</sup>

As long as the human spirit resides in the body, the body lives. Only the human spirit vitalizes the physical body. James pointed out, “The body without the spirit is dead.”<sup>(7)</sup> Consequently, when Jesus’ human spirit left his body, his physical person ceased functioning. His body died, but his spirit continued living.

### Your Human Spirit

If we want to know what our spirit is like, let’s look at God who is spirit. He created us in his image and likeness; our human spirits mirror him.

God has shape. He is not a formless, universal force. He has hands, eyes, ears and hair. He wears a robe, sits on the throne and rides a chariot. He thinks, feels and speaks. God is a person, not merely an influence, a mist or a fog.

Since God is spirit, he is undetectable to the human senses. Therefore, we depend entirely on the Bible to describe him. Undetectable does not mean unreal. In fact, everything physical and material is less real than the invisible God. The things we touch, smell, see, hear and taste are in the process of decaying and will

eventually disappear. On the other hand, spiritual realities remain forever. “For what is seen is temporary, but what is unseen is eternal.”<sup>(8)</sup>

Your spirit is real. Paul put it this way: “There is...a spiritual body.”<sup>(9)</sup> Like God, the human spirit has shape and form. Your spirit possesses five senses. Therefore, when Jesus’ human spirit stepped out of his mangled, mutilated body, his spirit continued seeing, feeling and thinking. His spirit actively lived while his body laid in the grave. So it is with all of us. When the body ceases living our spirit goes to be with the Lord until it is reunited with the resurrected body.

## **Conquering Yourself**

Our relationship with Jesus is spiritual, not soulish or mental. The spirit of the resurrected Jesus does not live in our heads, but resides in our spirits. Relationship with God only takes place when his Spirit moves into our spirits. Jesus referred to the union of God’s Spirit with the human spirit as the new birth. He stated, “Flesh gives birth to flesh, but spirit gives birth to spirit.”<sup>(10)</sup>

The soul, the mind and the body are not born again. Consequently, they war against our human spirit’s desire to live for God and love him. This was the problem the apostles of Jesus faced. They wanted to please him, but their physical self battled against their spirit’s desires. They repeatedly failed the Lord and themselves because “the spirit is willing but the body is weak.”<sup>(11)</sup>

Dear Christian friends, we dominate our fearful, anxious minds by the power of our energized human spirit. The new birth blended your human spirit with the Holy Spirit and his power became your spirit’s energy. With this mighty power in your human spirit, you can conquer everything that wants to destroy your relationship with Jesus. Your powerful human spirit can say “no” to ungodliness and “yes” to Christ-likeness. Your spirit’s willingness to live for Jesus will be matched by an ability to love him wholeheartedly. The Word promises that God will “strengthen you with power through his Spirit in your inner being.”<sup>(12)</sup>

The power of the Holy Spirit resides in your human spirit so you can conquer yourself. You will be able to easily apply Paul’s words: “I can do all things through Christ who strengthens me.”<sup>(13)</sup>

### **Footnotes:**

1. Luke 23:46

2. John 4:24

3. Genesis 2:7

4. 1 Thessalonians  
5:23

5. Matthew 22:37

6. Numbers 16:22

7. James 2:26

8. 2 Corinthians 4:18

9. 1 Corinthians 15:44

10. John 3:1-8

11. Matthew 26:41

12. Ephesians 3:16

13. Philippians 4:13